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Category: Australian Capital Territory

Subcategory: Australian Facts

Tip: Emergencies

The emergency number is the same throughout Australia, and very easy to remember: for ambulance, fire brigade, and police, phone 000. (Free call.)

Subcategory: Australian Places of Interest

Tip: Animals of Namadgi National Park

Namadgi National Park, situated just south of Canberra in the Australian Capital Territory, provides a rewarding scenic detour for travellers through majestic mountain terrain.

Namadgi has a wide variety of habitats ranging from grassy green valleys to stunning mountains shrouded with snow gums and bold granite outcrops. Kangaroos, wallabies, and wombats can be seen throughout the park. Commonly seen birds include magpies, crimson rosellas, pied currawongs, Australian Ravens and the spotted quail-thrush.

Category: Australian Culture

Subcategory: Australian Events/Holidays

Tip: Centenary of Federation

Centenary of Federation Peals of Bells Ring in Australian Celebrations OR five full minutes, and synchronised throughout the land, church bells in all of Australia's cities and major communities pealed on New Year's Day 2001 to mark the start of the country's centenary of federation. The centenary celebrations continue throughout the year, focusing on Sydney on the first day. It was in Sydney after all, in the city's Centennial Park, that the federation of Australia's six states was formally forged on January 1, 1901. At the stroke of midnight on New Year's Eve a hundred years ago, as the clock ticked into the 20th century, whistles, gongs, church bells, rattles, pots, pans, accordions and all manner of noise-makers joined the sirens of boats on Sydney Harbour. It was to be a special day.

Subcategory: Interesting Australian Culture Facts

Tip: Health and Welfare

The government of Australia delivers a number of social services throughout the country. Programs of assistance for people who are sick, aged, widowed, or unemployed exist to provide at least a subsistence allowance. Parents may apply for a subsidy for children under 16 years of age. Medical and hospital benefits are paid by the federal government, although private health insurance is also available. The Flying Doctor Service provides medical service for people in remote areas and covers two-thirds of Australia, with physicians operating from bases equipped with radio stations for communicating with distant ranches and settlements. Australia has 455 people for every physician and 112 people for every hospital bed.

Category: Australian Education

Subcategory: Australian Adult

Tip: Specialized Schools

Specialized Schools The commonwealth government maintains training colleges for the defense services, the Australian Forestry School in Canberra and the School of Pacific Administration in Sydney, which conduct training programs that are attended primarily by civil service administrators from Papua New Guinea. The government also maintains the Australian Film, Television and Radio School, the Australian Maritime College, and the National Institute of Dramatic Art.

Category: Australian Flora and Fauna

Subcategory: Australian Fauna

Tip: Crocodiles

There are two types of crocodiles to be wary of: the saltwater crocodile, the saltie, and the freshwater crocodile, the freshie. Both are found in northern Australia, in swamps, billabongs, rivers, estuaries, or wherever water is found. The freshie will leave you alone if you leave it alone. It will attack if provoked. The saltie will attack even when unprovoked and is a real danger. Don't believe you are safe from salties if you are far from the sea as they have been sighted much further inland away from salt water. Freshies have narrower snouts and are rarely more than three metres long. Salties are generally larger and with a fuller snout, and hey! watch out for those teeth. If you can't distinguish between the two, or don't have the time or inclination to figure out what type of crocodile you see, be wary of any crocodile and don't venture anywhere they are

known to be. Both are protected species in the Northern Territory and are estimated to be around 100,000 in number.

Tip: Dunnart

There are ten species of dunnart. Some of them are the common dunnart, white-footed dunnart, and the Darling Downs dunnart. There is also the fat-tailed dunnart. They are called the marsupial mouse and are usually 10 to 16 cm. long. All dunnarts are fearless and will protect themselves if they are scared or threatened. They all have litters of up to 10 babies about 3 to 4 times a year. They live in Australia and New Guinea. These marsupial mice live in deserts and rainforests and eat grasshoppers, spiders, lizards, mice and small animals. The fat-tailed dunnart is the smallest and has soft, fine, gray or black fur. They also have large ears and thick tails with short, stiff hairs. The dunnart stores all its fat in its tail.

Tip: Owls

There are two main types of owls. They are the common owl and the barn owl. They range in size from the tiny elf owl to the largest, the great gray owl. Owls' eyes are usually big and set on the front of their face. They have to turn their head to see to the side of themselves. Owls can turn their heads 270 degrees. They have short, thick bodies, hooked beaks, and sharp claws called talons. Their feathers are so soft that when they fly, you can't hear a sound. Their feathers also make them look bigger than they are.

Category: Australian Food

Subcategory: Australian Food Recipes

Tip: Austro-Asian style meat

Austro-Asian style roast pork, chicken, or beef. Prep time 2hrs. 1kg pork, chicken or beef fillet. Marinade: 15ml lemon aspen juice; 40ml light soy sauce; 30ml sweet sherry; 1 tablespoon Hoisin sauce; ½ tablespoon grated ginger; ½ tablespoon Mountain pepper; 6 native pepperberries; 2 cloves crushed garlic; 1 teaspoon bush tomato oil (or sesame oil); 40ml honey; ½ teaspoon five spice powder; garnish of colored capsicum, leek, carrot. Combine all the marinade ingredients, lightly crushing the native pepperberries and brush over the meat. Leave in a dish to marinate for at least 1 hour before baking at 200°C for 50 minutes or until done, depending on the thickness of the fillets. Slice thinly and arrange on a platter around a mound of lemon myrtle rice. Garnish with shredded mixed vegetables.

Category: Australian History

Subcategory: Australia and the British Monarchy

Tip: Princess Diana

Princess Diana Diana, princess of Wales, 1961–97, wife of Charles, prince of Wales (1948–), heir to the British throne. The daughter of the 8th Earl Spencer, Lady Diana Frances Spencer was a kindergarten teacher in London before her 1981 marriage to Charles. They had two sons, the princes William (b. 1982) and Henry (b. 1984), but separated in 1992 and were divorced in 1996. Diana and Charles were rivals for acceptance by the British public after their marriage unraveled spectacularly; her death in a Paris car crash in Aug., 1997, brought a huge outpouring of sentiment. See A. Morton, *Diana, Her True Story* (1992); S. B. Smith, *Diana* (1999).

Subcategory: Australian Aboriginies

Tip: Treatment

Treatment of Aborigines With the settling of Van Diemen's Land (Tasmania), however, Aboriginal communities began to be destroyed on a large scale. Unable to overcome colonial arms and fears, and despite the official British policy of protection, the 5,000 Aborigines of the island were then reduced to a mere handful..... Read on Aboriginal Treatment

Subcategory: Australian Discovery

Tip: Captain Cook/Scurvy

Captain Cook's crew searched for fresh food plants at Botany Bay because fresh fruit and vegetables were necessary to prevent scurvy.

Subcategory: Australian Settlement

Tip: Economic Controversy/goldfields

Economic Controversy In the 1860s the goldfields began to decline. Although wool exports kept the colonies fairly prosperous, colonial debate soon centered on the role of government in the economy. In particular, railroad construction, due to costs and the absence of internal market centers, became a government activity. In 1866 Victoria, followed by South Australia and Tasmania, adopted a policy of high tariffs on imported goods in order to protect its own small industries and markets. New South Wales (and Queensland to a lesser extent) continued to stay with a free-trade policy. Throughout the

1870s and 1880s, the arguments over free trade versus protection divided the press, the political parties, and the colonies. This, together with the continuing jealousies among them, hindered any significant attempts at cooperation and possible union among the six colonies until the 1890s.

Tip: Macquarie's Government

Macquarie's Government Bligh's replacement, Lachlan Macquarie, served as governor from 1809 to 1821. The most talented governor since Phillip, he also became the most powerful. The New South Wales Corps was sent home, and because the economy had improved, the government gained stability. Macquarie began an extensive public works program, employing the ex-convict Francis Greenway to design churches, hospitals, and government buildings in Sydney. The population of the colony also increased after Britain's defeat of Napoleon in 1814. The arrival of more free settlers brought more claims to farmland on which more convicts could serve as laborers. These two new groups of colonists, however, reflected a growing tension within New South Wales. As convicts completed their sentences or were eligible for release due to good behavior, they wanted land and opportunities. They were known as the emancipists, and their leaders urged that they be given more rights. The free settlers, like the corps before them, maintained that convicts, even after their release, should not be treated as equals. They were known as the exclusives. Macquarie, as had Bligh, tended to support the emancipists, granting them land and appointing them to minor offices. The exclusives, therefore, became critical of both Macquarie and the emancipists.

Tip: Sheep Farming

Growth of Sheep Grazing Australian soils and climate, with the recurrent droughts, were better suited for large-scale grazing than for farming, and the most successful and dramatic transformation of the Australian continent occurred in the 1830s and 1840s, as squatters established huge sheep runs. Paying only 10 pounds a year for a license, squatters could claim virtually as much land as they wanted. The expansion of sheep grazing resulted in the colonization of the Port Phillip district, which in 1850 became the colony of Victoria, with its capital at Melbourne (founded in 1836). To the north, graziers also gave the outlines to another colony, Queensland (with its capital at Brisbane), which was separated from New South Wales in 1859. From 1830 to 1850 wool exports rose from 2 million pounds to 41 million pounds. With new immigrants and the growth of the capital cities, each of which served as the major port for its region, the Australian colonies began to agitate for more control over their governmental systems.

Category: Famous Australians

Subcategory: Famous Australian Scientists

Tip: Lord Howard Florey

Lord Howard Florey (1898–1968) Howard Florey was born in Adelaide, South Australia. He was a scientist who won a scholarship to study at Oxford University in England and later became a professor there. Florey is famous because he developed the medicine penicillin in the 1940s. Before then, many people had died of infections, even from small injuries. With penicillin they could be cured. Many people are alive now because of Florey's medicine. He was the first Australian to become the president of the Royal Society of Medicine and won a Nobel Prize for his work in 1945. This is only given to a few people in the world each year. In 1965, he was made Lord Florey by Queen Elizabeth II. A suburb of Canberra is named after him and his face is on the \$50 note.

Subcategory: Famous Australians in Social Services

Tip: Mary Seah

Mary Seah (1905–) Mary Seah was known as the 'Angel of Changi'. Changi was a very bad prison camp in Singapore where many Australians were kept during the Second World War. They were given little food or medicine and Seah risked her life to help the prisoners-of-war for several years. She would go to the camp with her son, dressed up as a street seller, and offer items for sale to the Japanese guards. When they were busy looking at her goods, she would sneak food and medicine to the Australians. If she had been caught, she would have been killed. When the guards became suspicious, she was beaten up, but she told the guards nothing and kept on helping the Australians. Many of the men would have died without her brave work. Mary Seah is highly respected by the returned soldiers and has been guest of honour at some of their celebrations. She was made a Member of the Order of Australia in 1996.

Category: Getting Ugg Boots

Subcategory: Ugg Australia

Tip: Double-Faced Sheepskins

Double-faced Australian sheepskin is the desired result when the sheepskin leaves the tannery. It means that the skin side and fleece side are of high quality and can therefore be used as a single unit to make the traditional style Ugg boots and slippers. This is what the ladies are looking for when they want authentic Ugg boots. The double-faced Australian merino sheepskin Ugg boot maintains all of the special qualities traditionally associated with sheepskin boots and slippers. These sheepskins are the highest quality available and therefore are more expensive than the single-faced variety now beginning to flood the Ugg boot and sheepskin slipper market.

Tip: Purchasing Uggs

Getting Ugg boots? Purchasing a pair of genuine sheepskin Ugg boots or slippers will reward you with many, many years of warmth and comfort with a high degree of serviceability. There are numerous brands available including Ugg Australia, Jumbucks, and Koolaburra. The world's best sheepskins come from Australia and are from Merino sheep. When purchasing Ugg or other sheepskin boots check to ensure they are made from a natural, double-faced hide. This will provide you with the highest quality sheepskin footwear available. They will be available in many styles, such as: tall and short boots with a variety of styles and soles; ankle high slippers with outdoor, indoor/outdoor, and sheepskin soles; open backed slip on clog like slippers; and low-cut step-in slippers. All of these genuine sheepskin boots and slippers should be washable and some are designed to be worn outside in serious ice and snow conditions. Have a look at what is available and then enjoy one of Australia's icons, genuine sheepskin footwear

Category: Northern Territory

Subcategory: Places of Interest

Tip: Uluru and Alice Springs

Uluru and Alice Springs Some call it the Dead Heart of Australia. So why visit the dead? They also call it Australia's Red Centre, because of the uniquely reddish soil found in the area and in the varying orange-red hues of the world's largest rock monolith, Uluru or Ayers Rock, right in the heart of the continent. Australia's overland telegraph line runs north to south over the heart of Australia, in the centre of which lies the desert community of Alice Springs.

Category: NSW

Subcategory: Places of Interest

Tip: Mount Warning National Park

Mount Warning National Park 12 km south-west of Murwillumbah off Murwillumbah-Kyogle Road, Lismore. Heart of one of the earth's great ancient volcanoes, Mount Warning offers a fantastic walk. There is rainforest at the bottom, a steep climb and dazzling views at the top. Tel: (066) 281 177

Category: Physical

Subcategory: Resources

Tip: Australian languages

Australian languages, aboriginal languages spoken on the continent of Australia. The Australian languages do not appear to be related to any other linguistic family. The exact number of these languages and their dialects is not known, but has been estimated at about 200. Probably less than 100,000 persons still speak them. Many of the Australian languages have already died out. The Australian languages fall into two groups: the large Pama-Nyungan group, and the much smaller non-Pama-Nyungan group. Although their respective grammars exhibit a great degree of variation, the Australian languages still show many similarities. All of them inflect the noun, some having as many as nine cases. The verb lacks a passive voice. Postpositions are used instead of the prepositions typical of Indo-European languages. Most of the Australian languages have three markings for number: singular, dual, and plural. Word order tends to follow a similar pattern in the different tongues. They also show considerable similarity phonetically and have a small common vocabulary. Because of so many shared phonetic and grammatical characteristics some scholars believe that the Australian languages have all evolved from a single ancestor language and therefore belong to the same linguistic family. Others, however, feel that the term "Australian languages" constitutes a geographical rather than a linguistic classification. To date, few of these languages have been studied intensively; classification and other matters remain uncertain. See S. A. Wurm, *Languages of Australia and Tasmania* (1972); R. M. W. Dixon, *The Languages of Australia* (1980).

Tip: Climate

Climate The climate of Australia varies greatly from region to region, but the continent is not generally subject to marked extremes of weather. The climate ranges from tropical (monsoonal) in the north to temperate in the south. The tropical region, which includes about 40 percent of the total area of Australia, essentially has only two seasons: a hot, wet period with rains falling mainly in February and March, during which the northwestern monsoons prevail; and a warm, dry interval characterized by the prevalence of southeastern winds. Many points on the northern and northeastern coast have an average annual rainfall of 1,500 mm (60 in); in parts of Queensland average annual rainfall exceeds 2,500 mm (100 in). On the fringe of the monsoonal region are the drier savanna grasslands, where the low, unreliable rainfall is supplemented by artesian water. In central and northern Australia average summer temperatures range between 27° and 29°C (80° and 85°F). The deserts of central and western Australia, making up more than two-thirds of the area, have an annual rainfall of less than 250 mm (10 in). The warm, temperate regions of southern Australia have four seasons, with cool winters and warm summers. Because Australia is in the Southern Hemisphere, seasons

there are the reverse of those in the Northern Hemisphere. January and February are the warmest months, with average temperatures varying between 18° and 21°C (65° and 70°F). June and July are the coldest months, with an average July temperature of about 10°C (about 50°F), except in the Australian Alps, where temperatures average 2°C (35°F). The eastern coastal lowlands receive rain in all seasons, although mainly in summer. The warm, temperate western and southern coasts receive rain mainly in the winter months, usually from prevailing westerly winds. Tasmania, lying in the cool temperate zone, receives heavy rainfall from the prevailing westerly winds in summer and from cyclonic storms in winter. Over the greater part of the lowlands, snow is unknown; however, in the mountains, particularly the Australian Alps in southern New South Wales and the northern part of Victoria, snowfall is occasionally heavy. All of the southern states are exposed to hot, dry winds from the interior, which can suddenly raise the temperature considerably. In most years, parts of the continent experience drought conditions and smaller localities are ravaged by floods and tropical cyclones. Southeastern Australia, including Tasmania, has among the highest incidences of serious bushfires in the world, along with California in the United States and Mediterranean Europe. In 1994, notably, bushfires swept through New South Wales and destroyed several hundred homes in suburban Sydney

Category: Queensland

Subcategory: Places of Interest

Tip: Fraser Island: Attractions

Attractions on Fraser Island Include: Inland lakes, beaches, rainforests, wildlife, shipwrecks. Dili Village, former sand-mining centre. Eli Creek, the largest creek on the east coast. The wreck of the passenger liner Maheno about 65 kilometres from Hook Point. Lakes Wabby, McKenzie, Garawongera, Birrabeen, Benaroon, Boomanjin. Twenty-five kilometres of colored sand cliffs called the Cathedrals.

Subcategory: Towns

Tip: Bundaberg

Bundaberg, city (1991 pop. 38,074), Queensland, E Australia, on the Burnett River. It is a sugar-refining center and a port.

Category: South Australia

Subcategory: Places of Interest

Tip: Talisker Conservation Park

Talisker Conservation Park 134 hectares Talisker Conservation Park has as its focus the historic Talisker silver and lead mine. The old Cornish miners' diggings, surrounded by steep wooded hills, are listed on the state's register of heritage items. An interpretive display and walking trail explore the mine, its history, natural features and vegetation.

Subcategory: Towns

Tip: COOBER PEDY

COOBER PEDY Population: 2103 Opal was discovered at Coober Pedy in 1315, today it is Australia's largest and oldest opal mining town, known the world over for the unusual underground lifestyle its inhabitants have been forced to adopt to escape the fierce summer heat. Coober Pedy is on the main Stuart Highway. Its most notable feature is the moon-like landscape of opal mines, holes in the ground dug by several generations of miners and simply left there untended after being discarded. Care should be taken when walking around the area. The mines area is made up of around thirty working fields stretching outwards in a radius of up to fifty kilometres from the town. There are certain rules of behaviour visitors should observe - including avoiding fossicking for opal in and around miner's claims. Ask permission before searching for opal in tailings heaps ('mullock' heaps). Visitors can stay in a choice of underground accommodation.

Tip: CRYSTAL BROOK

CRYSTAL BROOK Population: 2,100 Indomitable explorer Edward John Eyre named the creek which runs into the River Broughton the 'Chrystal Brook'- the spelling is his. The name stuck and a town grew near the spot where his party camped in 1839. Before the town grew, however the site was swallowed up by the huge pastoral landholding belonging to William Youngusband and Peter Ferguson. Crystal Brook today is a nature lover's mecca. The Heysen Trail runs past the town and Bowman Park.

Tip: PENNESHAW

PENNESHAW Population: 300 Penneshaw is on the north-east coast of Dudley Peninsula, a small, pretty town overlooking Backstairs Passage. The mainland is a mere sixteen kilometres away, and vehicle ferries from Cape Jervis dock here daily. Hog Bay has an excellent swimming beach and jetty, and its picnic spots make it a destination favoured by families.

Tip: VICTOR HARBOR

VICTOR HARBOR Population: 5,318 This is the South Coast's Premier holiday resort,

and has been since last century. It is also the largest town. The area was first settled in 1837 to service the whaling industry. For a few years, Victor Harbor was a major South Australian port of export for the River Murray trade. A railway linked Goolwa and Victor Harbor but when the trade died tourism became an important part of the Victor Harbor economy. The historic railway track is still in use, this time to carry the popular Cockle Train between the two towns.

Tip: WOOMERA

WOOMERA Population: 1,805 Woomera was established in 1947 as a testing station for the British programme of experimental rockets. Numerous rockets were launched here, including the early Europa series. It also operated as NASA tracking station until 1972. The testing range and the Nurrungar communications station are prohibited areas and managed by the Defence Department.

Subcategory: Travel tips

Tip: Coober Pedy: Danger

There are more than a quarter million mine shafts in the Coober Pedy area, and visitors are warned to be on the lookout for them when traveling alone -- or run the risk of falling into one and remaining undiscovered for days on end, or not being found at all. In fact, straying by one's self around town, especially by a woman, is advised against, and it's not just falling into a mine shaft that is the danger. Unless you're already traveling with a group, it may be best to stay with organised tours, or stay very close to the heart of town.

Category: Sydney 2000 Olympic games

Subcategory: Sydney 2000 Olympic games-general

Tip: Australia's Green Games: Conserving energy

Conserving energy There are numerous examples of energy conservation throughout all the new Olympic venues. One of the shining examples is the natural ventilation in the Olympic Stadium — achieved by the use of oversized lift shafts, stairwells and escalator voids which draw in cool air while allowing warm air to escape. In addition, two 500-kilowatt gas co-generation engines supply a large share of the Stadium's energy requirements — these produce 40 per cent less harmful greenhouse gases than conventional mains electricity. Air conditioning at the Aquatic Centre has been designed to cool only the air immediately surrounding the spectators, not around the pool — meaning less energy is needed for both cooling the venue and heating the pool. Similar systems are used in the SuperDome and 'Dome' exhibition hall in the Showgrounds.

The Novotel and Ibis Hotel Homebush Bay has Australia's largest solar hot water system on its roof. The 4002 square metre plant will supply 60 per cent of the Hotel's hot water requirements, reducing the total energy consumption by 15 per cent. The use of renewable energy and energy efficiency in the Olympic Village make it an inspired example of world's best practice. Design elements of Village housing, in terms of orientation, shading, cross ventilation and energy efficient appliances, mean that energy demand is reduced by fifty per cent — and most of that energy is met by solar power. The Village is one of the largest solar powered communities in the world, generating one million kilowatt hours of electricity per year — the size of a small power station. Photovoltaic panels integrated into the roof of each house generate enough electricity to meet each dwelling's needs. A number of the venues, including SOCOG Headquarters, purchase renewable energy as part of their energy supply. This electricity is generated by solar, wind, hydro or biomass and is distributed through the Sydney electricity grid.

Category: Tasmania

Subcategory: FAQ's

Tip: Tasmanian Conference/convention

Who can I speak to about organising a conference or convention in Tasmania? The Tasmanian Convention Bureau will assist you further with any Conference and Convention enquiry in Tasmania. Their e-mail is mail@tasmania-conventions.org.au

Tip: Whales and penguins

Where can I see whales and penguins? There are no guarantees or specific tours for whale-watching, but they are often sighted along the East Coast off the Freycinet Peninsula. Usually this is in the spring months of September to November when they migrate to warmer waters to breed. Penguins may be observed at various areas around the State. At Turners Beach on the north west coast, off Low Head in the north, at Bicheno on the east coast and in the south on the neck of Bruny Island and South Arm. Guided tours are available at Bicheno on the east coast and at Low Head and Stanley on the north coast.

Subcategory: Important Profiles

Tip: John Glover

John Glover (1767-1849) Glover was one of Australia's earliest renowned landscape painters. He was born in England and exhibited his work in London before leaving in 1830 for Hobart Town. His first Tasmanian paintings, which portrayed the distinctive Tasmanian bush in accurate detail, were exhibited in London in 1832 and attracted

much attention. What made him unique among Australian landscape painters at the time, who painted from their imaginations, was that he painted from direct experience of the bush. His pictures were perhaps the first to portray the eucalypt in its bushland setting as a national symbol. In his old age his sight deteriorated; few of his works are dated later than 1840. When he died he was buried in the grounds of the Nonconformist Chapel that he had renovated at Deddington, about 30km (19 miles) south-east of Launceston. The chapel still exists.

Subcategory: Places of Interest

Tip: Aboriginal Culture

Tens of thousands of years ago, the first Tasmanians walked here across the land bridge from mainland Australia. When sea levels rose after the last Ice Age, Tasmanian Aborigines were isolated for 10,000 years until Europeans arrived and settled in the beginning of the 19th century. Today's Tasmanian Aboriginal community retains strong links to the land. On many Tasmanian coasts there are Aboriginal midden sites, where generations of people cooked shellfish meals – please respect these special places and leave them undisturbed. To gain some insights into the Tasmanian Aboriginal community's view of life and land, visit the Tiagarra Centre on Devonport's Bluff.

Tip: Hastings Caves State Reserve

Hastings Caves State Reserve Take a day out from Hobart and tour the Newdegate Cave, a rarity that formed in dolomite rock millions of years ago. Stalactites hang from the soaring ceiling and stalagmites stand like totem poles. Take your swimming costume and have a dip in the thermal outdoor pool, heated by energy from deep in the earth. Walk on the Sensory Trail through the surrounding forests, listen to the birds as you relax on the grass and munch your lunchtime picnic or a barbecue.

Tip: Lake St Clair

Lake St Clair: is the deepest in Australia (190 metres / 623 feet), scooped out by glaciers 10,000 years ago during the Ice Age. High dolerite cliffs rise sheer from the water and there is a drowned moraine at the southern end. The lake, in which fishing and boating are allowed, is surrounded by forest and is the southern gateway to the Cradle Mountain-Lake St Clair National Park. There is a regular ferry the length of the lake, used by visitors and by walkers on the Overland Track who like to do a little of the journey by water.

Subcategory: Towns

Tip: Ross

Ross Tasmania: named by Governor Macquarie in 1821, was one of the first sites selected for a town in Tasmania. The village's pride is a magnificently carved bridge over Macquarie River which was built by convict labour and opened in 1836. The corners of the main crossroads in the town are locally known as Temptation, Recreation, Salvation and Damnation being respectably the Man-O-War Hotel, the Catholic Church the town hall and the former gaol. The banks of the Maquarie River next to the bridge is an excellent place to have a picnic and feed the swans and ducks or even catch a glimpse of a platypus. The river and nearby Tooms Lake provide enjoyable trout fishing.

Category: Tea Tree Oil Tips

Subcategory: Tea Tree Oil Products

Tip: Natural Cure for Acne and Pimples

Tea tree oil tips: One of many tea tree oil uses is the treatment of acne and pimples. Acne is a skin disorder resulting from the action of hormones on the skin's oil glands, which leads to plugged pores and outbreaks of lesions (pimples). The pure oil does an excellent job of penetrating and killing any infection and rejuvenating tissue in the affected area. A special acne treatment gel is also available which combines tea tree oil and salicylic acid. This is also applied directly to the affected area and controls breakouts, including acne, pimples, blackheads, whiteheads and skin blemishes directly at the source. This acne treatment can be assisted through the use of tea tree Skin Care Soap which cleanses and conditions the skin. The use of tea tree products developed through specific tea tree oil recipes is a dependable and natural way to control acne and associated skin conditions. Tea tree oil use equals tea tree oil skin benefits.

Tip: Terpinen

Tea tree oil is composed of over 100 known compounds working in synergy to produce a therapeutic grade oil. There are over 300 varieties of plants loosely classified as tea trees and three different species of melaleuca. Yet only one tree in this vast array has proven therapeutic value — melaleuca alternifolia terpinen-4-ol type. Australian and international quality standards recognize terpinen-4-ol as the major active component of tea tree oil. A determination of the best pharmaceutically consistent oil is therefore based upon its percentage of this vital compound and establishes high quality oil of exceptional antiseptic effectiveness. The highest percentage of this major active component available today is 36 percent, the level maintained by Thursday Plantation, the original tea tree plantation.

Category: Travel

Subcategory: Health and Safety

Tip: Beach do's and don'ts

- Always swim or surf at places patrolled by surf lifesavers or lifeguards. - Swim between the red and yellow flags. They mark the safest area to swim. - Always swim under supervision or with a friend. - Read and obey signs. - Don't swim directly after a meal. - If you are unsure of surf conditions, ask a lifesaver or lifeguard. - Never run and dive in the water. Even if you have checked before, conditions can change. - If you get into trouble in the water, don't panic. Raise your arm for help, float and wait for assistance. - If caught in a rip, float with the current or undertow. Stay calm. Don't try to swim against it. Signal for help and wait for assistance. Areas of discoloured (brown) water usually signal a rip.

Subcategory: Travel tips

Tip: Seasons to Visit

Seasons to Visit Australia is an all-year-round destination, but during the summer, December to February, it is hot in Western Australia, Northern Territory and Queensland. At the Great Barrier Reef, most rain falls in January and February. In northern Queensland and parts of the Northern Territory and Western Australia, roads may flood during the "wet" season, January-March. The ski season occurs from June to October in New South Wales, Victoria and Tasmania.

Category: Victoria

Subcategory: Places of Interest

Tip: Cultural Mix

Cultural Mix The state's capital city is home to a diverse mix of people, reflected in the cuisine of the city. Melbourne has numerous foreign restaurants often found in sectionalised districts: Lygon street for Italian, Little Bourke Street for Chinese, Lonsdale Street for Greek, Victoria Street for Vietnamese, Sydney Road for Turkish and Middle Eastern, and Acland Street for Central European. Brunswick Street in the trendy suburb of Fitzroy is a good choice if you haven't identified your craving and want a range of tastes from which to choose. St Kilda is the seaside hot spot with plenty of restaurants, cafés, bars and nightclubs just off the beach. You might want to head for Queen Victoria Market which has over 1,000 stalls selling a wide variety of edibles. The historic

buildings, delightful food smells and crowds combine with plenty of atmosphere. Chinatown, developed when Chinese prospectors joined the gold rush in the 1850s, survives as a flourishing Chinese community with an abundance of often excellent Chinese restaurants and supermarkets. You can see the story of Chinese contribution to Australia at the Museum of Chinese Australian History.

Subcategory: Towns

Tip: CLUNES/TALBOT

CLUNES/TALBOT Clunes and Talbot remain shadows of their former selves. At Clunes you can see some fine old buildings and an historical museum. Today the streets of Talbot are quiet, save the occasional 'old timer' leaning against a gate post of an old cottage.

Category: Western Australia

Subcategory: Places of Interest

Tip: Hinterlands

Hinterlands WESTERN AUSTRALIA See Wave Rock an overhanging rock over 100m long which has been sculptured and coloured by nature's chemicals over 2 700 million years to take on its wave-like character. Or visit Dyandra State Forest with its many endangered species including the Numbat Western Australia's fauna emblem.

Tip: South Coast, Western Australia

South Coast Western Australia White sandy beaches, protected from the Indian Ocean by outer reefs, make this coastline great for swimming, windsurfing and fishing. The Serpentine National Park is a great place for camping and bushwalking with forest tracks passing stunning waterfalls and swimming holes.

Subcategory: Towns

Tip: Goomalling

Goomalling The district was first explored in 1854 by Assistant Surveyor Austin. The name was derived from the Koomal Possum which widely inhabited the area when the district was first established in 1902.

Tip: Manjimup



Manjimup At both entrances to the town stand an impressive Timber Arch bearing the town's name, symbolizing the fact that Manjimup is regarded as the gateway to the Tall Timber Country.